

Great Cumbrian

and Run 2023



FAMILY FUN RUNS

Running through the city centre and beautiful local villages is what we love most - and we can't wait to welcome you back!

Half Marathon – 13.1 miles

Sunday 1st October, 9am

Start: at the Sands centre

Finish: at the sheepmount Stadium

Finishers medal & t-shirt included!

Sign up online at
better.org.uk/gcr



Scan to enter



FOR OUR FUTURE GREAT CUMBRIAN RUNNERS!

Family Fun Run: 1 mile

Fully accessible to all. £8 including a medal.

10 - 16 year olds run: 3.4 miles

£10 including a medal

Date: Sunday 1st October, from 9.15am

Location: The Sheepmount Stadium

It isn't about Olympic level athletes aiming for a record time. It's about Mums with prams, Dads with toddlers, groups running together, fancy dress, kid's getting active or even raising money for a well-deserved local cause. All runners get a free photo in the kids and adults run included in the price

Sign up online at better.org.uk/fun-run

Charity partners:

Eden Valley Hospice

